

# FITNESS

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## **Sports Injury Prevention Children and Adolescents**

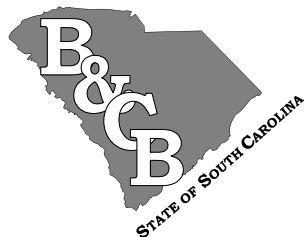
Each year, more than 775,000 children under age 15 are treated in hospital emergency rooms for sport injuries. In fact, sport injuries are the number one reason for emergency room visits among children. Many of these injuries can be prevented if parents get involved and make sure their children wear protective gear, follow the rules of play and are physically and emotionally prepared to play the sport.

Close to six million high school students play team sports and another 20 million children take part in recreational or competitive sports out of school. Sport activities help children and adolescents stay fit, learn about teamwork and develop self-confidence. Even though sport activities are a great way for children to exercise, it is also important for them to learn and practice sport specific safety habits.

### **Tips for Preventing Sports Injuries**

1. Before your child starts a training program or enters a competition, take him or her to the doctor for a physical exam. The doctor can help assess any special injury risks your child may have.
2. Make sure your child wears all the required safety gear every time he or she plays and practices. Learn how the safety gear should fit and set a good example by practicing safety and using proper sports gear.
3. Teach your child not to play through pain. If your child gets injured, see your doctor.
4. Make sure first aid is available at all games and practices.

For more information about children's sports and safety contact the American Academy of Pediatrics at their website address [www.aap.org/family/sports.htm](http://www.aap.org/family/sports.htm) or the National Youth Sports Safety Foundation at (617)-277-1171 or [www.nyssf.org](http://www.nyssf.org).



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February 2001**